

Counselor's CORNER

JANUARY 2025

Ms. ESPOSITO

Counseling Monthly Focus:

Happy New Year, Cougars! This month, we will be focusing on goal setting.

December MTSS-B Data

Tier 1

- 10 Request for Support forms received
- 5 Students participating in Tier 1 short-term intervention

Tier 2/3

- 22 Students participating in PALS
- 25 Students participating in small group
- 3 Students participating in CICO intervention

Dates:

- Jan. 1st: Global Family Day
- Jan. 6th: Welcome Back!
- Jan. 20th: Martin Luther King Jr. Day

Let's CONNECT!



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Happy, Healthy Kids TIP:

Goal-setting is a great way to help your child build confidence and focus! Encourage them to set SMART goals (**S**pecific- Is my goal detailed? **M**easurable- How will I know I reached my goal? **A**chievable- Is my goal too hard? **R**elevant- Will my goal help me? **T**imely- When do I need to meet my goal?

